

Anderson, John  
 DOB: 08/26/1948 AGE: 66  
 DIAG: 12345678  
 PHY: O'Hare / PCP

# Life Systems International

Progress Report

Account # 1234567  
 Report Date: 1/16/15

121 Poe St  
 Charlotte, NC 28273  
 PH: (704) 555-1212  
 PHY: O'Hare / PCP

DOB: 08/26/1948  
 AGE: 66  
 HT: 72 WT:190  
 SEX: M

INS: BLUE CROSS  
 ACCT: 1234567  
 SESS WT: 180  
 TARGET RATE: 124-138

**Medications**

Aspirin 325 mg Once daily  
 Crestor 40 mg Once daily  
 HCTZ 50 mg Once daily

Lisinopril 10 mg Once daily  
 Nexium 25 mg Once daily  
 Nitroglycerin 0.4 mg PRN

Toprol XL 100 mg Once daily

**Diagnoses**

11/8/2014 MI / stent

**Plans**

Avg. METS > 5.0

**Goals**

Quit smoking by 1/1/15

15 lb weight loss

**Medical History**

R knee replacement 1999  
 Hx stent 2008

Low back pain

**Risk Factors**

Hypertension  
 Family History of CAD

Diabetes - Type II  
 Smoker

**Allergies**

No Known Drug Allergies

DATE	WGHT	HR		GLUCOSE		PRESSURE		BP POST	METS		RPE AVG	SPO2 AVG	EX MIN
		REST	HIGH	PRE	POST	REST	HIGH		HIGH	AVG			
11/16/14	188	68	82	147	122	112/60	140/78	112/60	2.4	2.3	11	97	30
11/18/14	188	71	92	131	109	122/74	150/92	124/70	2.8	2.6	12	97	30
11/21/14	188	65	94	127	100	132/94	160/90	158/92	2.8	2.5	12	97	30
11/23/14	188	71	94	130	99	140/84	152/82	128/80	2.8	2.5	13	97	30
11/25/14	188	74	92	0	0	130/80	130/80	126/80	2.8	2.5	12	97	30
11/28/14	187	78	94	0	0	158/80	142/80	100/70	2.9	2.9	13	97	30
11/30/14	188	83	96	0	0	132/80	170/64	120/70	3.0	3.0	13	97	30
12/02/14	187	89	111	0	0	124/76	124/64	112/60	3.4	3.2	12	97	30
12/05/14	187	67	94	0	0	140/80	164/86	132/80	4.7	3.7	12	97	30

Our staff would like to provide you with an update on this patient's progress. John Anderson is a 66 year old patient in our Cardiopulmonary Rehabilitation exercise program. Overall, John has completed 9 sessions. On the first session, this patient's weight was 188 lbs, and is most recently weighs 187 lbs. On the first exercise session, resting HR was 68 bpm, and most recently is 67 bpm. The resting blood pressure on the first visit was 112/60 mm Hg, and is most recently 140/80 mm Hg. With exercise, the peak exercise HR was 111 bpm and is most recently 94 bpm. The peak exercise blood pressure on the first session was 140/78 mm Hg, and is most recently 164/86 mm Hg. The aerobic exercise prescription for this patient on the first session was 2.4 METs, and is most recently 4.7 METs. This patient should be commended for their efforts and has been a pleasure to work with in our exercise program. If you require any additional information, please contact our office. Thank you for your review of this patient. Please call (800) - 846 - 1279 if we can be of further assistance.

**ADDITIONAL COMMENTS:**

**ECG Interpretation:** Sinus Rhythm with occasional PVCs noted. Rare couplets.

**Anginal Pain Since Last Visit:** Denies

**Exercise Summary:** Tolerated session well. Denied any cardiac symptoms. Workload increased on treadmill with good heart rate response.

**Education:** Patient attended a Low Fat / Low Cholesterol diet class. Handouts given.

**Plan For Next Visit:** Increase time on armbike and nustep.

**Supervising Physician:** Dr. David Jones

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_